

Statistics Report 35182, Acorn stew (Apache)
[a](#)

Report Date: May 09, 2017 21:23 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	79.78	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Energy	kcal	95	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Energy	kJ	399	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Protein 1	g	6.81	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Total lipid (fat) 1	g	3.47	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Ash 1	g	0.72	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Carbohydrate, by difference	g	9.22	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Fiber, total dietary 1	g	0.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Sugars, total 1	g	0.34	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	0.16	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glucose (dextrose) 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fructose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lactose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Maltose 1	g	0.19	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Galactose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Starch 1	g	6.57	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Minerals													
Calcium, Ca 1	mg	14	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Iron, Fe 1	mg	1.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Magnesium, Mg 1	mg	12	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P 1	mg	62	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Potassium, K 1	mg	110	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Sodium, Na 1	mg	130	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Zinc, Zn 1	mg	1.60	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Copper, Cu 1	mg	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Manganese, Mn 1	mg	0.140	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Selenium, Se 1	µg	8.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Thiamin 1	mg	0.175	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Riboflavin 1	mg	0.125	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin 1	mg	2.140	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Pantothenic acid 1	mg	0.212	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-6 1	mg	0.055	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folate, total 1	µg	33	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folic acid 1	µg	15	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folate, food 1	µg	18	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folate, DFE	µg	44	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2006
Vitamin B-12 1	µg	0.68	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E (alpha-tocopherol) 1	mg	0.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Tocopherol, beta 1	mg	0.12	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tocopherol, gamma 1	mg	0.23	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tocopherol, delta 1	mg	0.05	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin K (phylloquinone) 1	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lipids													
Fatty acids, total saturated	g	1.280	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
8:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
10:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
12:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
14:0 1	g	0.090	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:0 1	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
16:0 1	g	0.750	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:0 1	g	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:0 1	g	0.390	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
24:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total monounsaturated	g	1.680	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
14:1 1	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
15:1 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated 1	g	0.110	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:1 1	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 undifferentiated 1	g	1.510	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:1 1	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:1 undifferentiated 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
24:1 c 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total polyunsaturated	g	0.297	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated 1	g	0.260	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 undifferentiated 1	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:4 1	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:2 n-6 c,c 1	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:3 undifferentiated 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:4 undifferentiated 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:5 n-3 (EPA) 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
21:5 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:4 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:5 n-3 (DPA) 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:6 n-3 (DHA) 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cholesterol 1	mg	20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Amino Acids													
Tryptophan 1	g	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine 1	g	0.360	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Isoleucine 1	g	0.350	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Leucine 1	g	0.620	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lysine 1	g	0.580	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Methionine 1	g	0.160	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cystine 1	g	0.090	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phenylalanine 1	g	0.330	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tyrosine 1	g	0.250	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Valine 1	g	0.390	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Arginine 1	g	0.470	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Histidine 1	g	0.230	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Alanine 1	g	0.450	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Aspartic acid 1	g	0.830	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glutamic acid 1	g	1.510	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glycine 1	g	0.420	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Proline 1	g	0.460	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Serine 1	g	0.330	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Other

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c, 2004 Beltsville MD

Footnotes

^a Boiled stew made with water, beef or deer, prepared acorns, dumpling strips, salt, and pepper.